

Validity and Reliability of the Flourishing Scale in a Sample of Older Adults in Iran

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Background: Flourishing is related to positive outcomes for physical and mental health, as well as overall wellbeing. The aim of the present study was to determine the validity and reliability of the Flourishing Scale (FS) among a sample of older participants in Iran.

Methods: In this validation study, 300 older people were selected by cluster sampling method. Data were collected using a checklist for demographic characteristics, the FS, and the Oxford happiness questionnaire. The validity (face, content, convergent, and construct) and reliability (Cronbach's alpha, test-retest) of the FS was evaluated in this cross-sectional study.

Results: The exploratory factor analysis demonstrated a one-dimensional structure consisting of 8 items with an eigenvalue of 3.583. The model had a good fit [$\chi^2 = 52.983$, $p < 0.001$, $\chi^2/df = 2.944$, GFI = 0.958, CFI = 0.915, IFI = 0.949, TLI = 0.919, AGFI = 0.948, and RMSEA = 0.081, SRMR = 0.086] with all factor loadings greater than 0.5 and statistically significant. A test of concurrent validity showed a direct and significant association between the FS and the Oxford happiness questionnaire ($r = 0.647$, $p < 0.001$). The results of the reliability tests confirmed that the values of Cronbach's alpha coefficient (0.819) and test-retest (0.821) were acceptable.

Conclusion: The Persian version of the FS demonstrated suitable validity and reliability among a sample of older participants.

Keywords: aging, factor analysis, flourishing, validity, reliability

Introduction

There is a growing body of literature that recognises the importance of successful and positive aging to cater to the growing aging population experienced by most countries around the world.¹⁻⁴ According to estimates, older people 65 years and over have an annual global growth rate of 2.5% per year.⁵ About two thirds of the world's older people now live in developing countries such as Iran.⁶ According to Iran's 2016 census of population and housing, 9.3% of the population is 60 years or older.⁷ The rapid increase in the number of older people creates important concerns, especially in relation to their wellbeing and mental health, and how practitioners and clinicians can best support the strengths of a growing older population.⁸

Mental health and wellbeing are widely recognized as imperative dimensions of positive aging.⁹ Assisting people to flourish in the later stages of life has been found to have a positive impact on moderating depression, as well as increasing happiness and life satisfaction.¹⁰ Positive psychology – that is, the scientific study of human flourishing and an applied approach to optimal functioning – is a growing field of scientific enquiry.^{11,12} Positive psychology is concerned with human abilities and

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